

Get Moving



Active Steps

Active Steps supports and motivates individuals to lead a more active life. Active Steps provides access to walking groups, weight management programs, gym, gardening and cooking groups. These are only some examples and a wider range of activities are available.

Walking Groups

Springwell Striders - meeting at Tynecastle High School every Tuesday afternoon at 1pm. This very popular group is a great way to get some exercise and make new friends. Walks are based around Edinburgh and you'll learn some fantastic routes to help you make the most of our beautiful city.

Strollers - meeting at Health All Round every Tuesday 1pm, short gentle walks to get you back on your feet.

Walking Football

Football for the young at heart (50+). A slow paced version of the beautiful game. Every Tuesday 12-1.30pm (£3).



Events

Project 5G - Bringing generations together

Live well in later life - 11am - 3pm 23 March at St Martin's Community Resource Centre (St Martin's Church). A range of activities and information on local services - oral history, gentle exercise, free massage, lunch and refreshments served throughout the day. Contact Catriona for more information.

Health All Round AGM and Christmas Party

Tuesday December 8, 2-4.30pm. Music food and entertainment - all welcome. St Martin's Community Resource Centre (St Martin's Church) 232 Dalry Road.

Complimentary Therapies

(Gift vouchers available)



Massage & Reflexology: relax and de-stress, all day every Tues £20/session.

Acupuncture & Tui Na: based on the five branches of traditional Chinese medicine commonly used for the relief of pain and musculo-skeletal conditions. £20/session.

Health All Round

Your Community Health Project



What's On Spring 2016

For health information, C-Card, or to register for our services please drop in during:

10am – Midday every Monday

10 - 2pm Wednesday

12 - 2pm Thursday

If you are unable to attend during these hours please ring to arrange an appointment

Health All Round
24 Westfield Avenue
Edinburgh
EH11 2QH

tel 0131 337 1376
info@healthallround.org.uk
www.healthallround.org.uk

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Health All Round prices vary, generally we ask only for a donation (anything you can afford) for daytime services. We charge for evening services.

Individual Support



Hypnotherapy

A one-to-one service with qualified therapists. Many people have found this helpful for pain and weight management, insomnia, mild phobias/anxiety. £20 per session.

Counselling

This is an opportunity to talk about problems and issues that are troubling you. Your counsellor can help you identify issues and find the best ways to tackle them. The aim is not to tell you what to do, or to offer a personal opinion, but to help you arrive at your own solutions and support you through this process. Daytime appointments - donation appreciated. Evening appointments £20/session.



Mindfulness

This therapy is especially helpful for people who are experiencing stress and anxiety. Regain your focus and rid yourself of the 'tunnel vision' that prevents you from seeing the bigger picture. Evening only £20 per session.

Central, Eastern European & Roma Link Worker

One-to-one support to help people new to Scotland access local health services.

Central, Eastern European & Roma Drop-in

English & Polish speaking workers available to discuss your individual needs.

Cognitive Behavioral Therapy (CBT)

A talking therapy to help you manage your problems by making changes to the way you think and behave. One-to-one therapy. Donation only.



Dance & Movement Therapy

A one to one therapy based on the principle that body and mind are connected. Through dialogue and by paying attention to the body and movement the therapist supports clients to explore relationships with self and others. Donations appreciated.

Thrive (One-to-One)

A eight week course (one-to-one) to help improve your self confidence and regain a sense of control over your life. £10 working / £5 unwaged

Groups + Workshops



Conversation Café

Information and mutual support for people new to Scotland. An opportunity to practise your English and make new friends. Every Wednesday 12.30-2pm in Dalry Primary School. Creche available on request.

Growing Confidence (Parenting)

A 7-week programme to sharpen up your parenting skills, meet new friends and enjoy the support of other parents. Suitable for parents of young children and teenagers. Contact Maysoon to book a place (Creche available, donations appreciated).

Think Positive

Build your confidence and self esteem with this free 3-week course using a range of techniques to regain control of your life. Contact Maysoon to book a place.

Anxiety Management

This group will help you recognize the signs and symptoms of anxiety and understand their underlying causes. In gaining a better understanding of your symptoms you can learn how to cope with them more effectively. Practical strategies and tips for relaxation are also provided. To register for this group please ring 0131 537 8661.

Write-On!

If you enjoy writing come along and join this friendly, supportive group. No previous experience necessary!



Art for Fun

A lighthearted approach to creativity. No experience required. Join this friendly group every Monday afternoon 2-3.30pm at Tynecastle Community Wing (please register with Health All Round first).